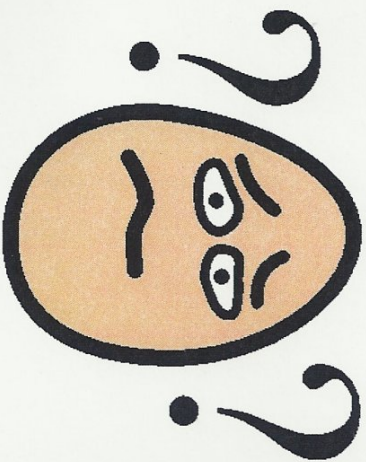
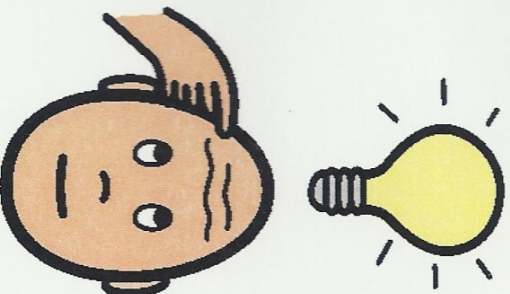


Grades 6-8: Asking for Help



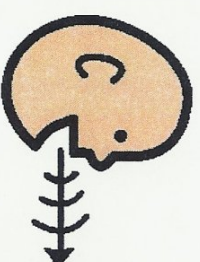
Decide what the problem is.



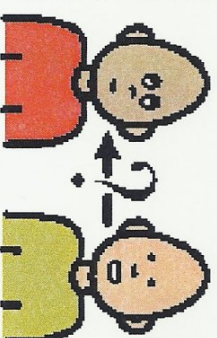
Think about different people who can help.
Pick one.



Then decide if you want help.



Tell the person about the problem.



Ask for help.

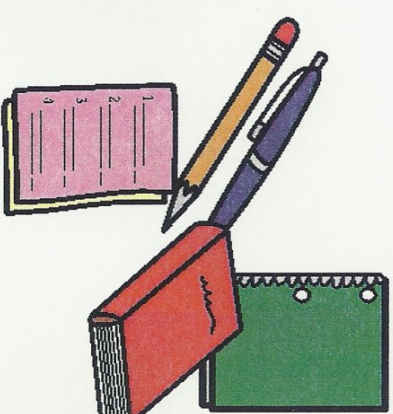
Grades 6-8: Bringing Materials to Class



Ask, "What do I need for this class?"



Ask, "Do I have everything I need?"

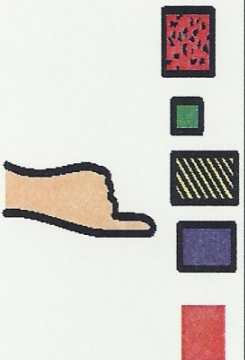


Gather the materials together.

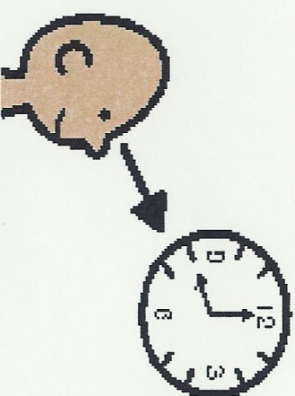


Recheck and pack them up.

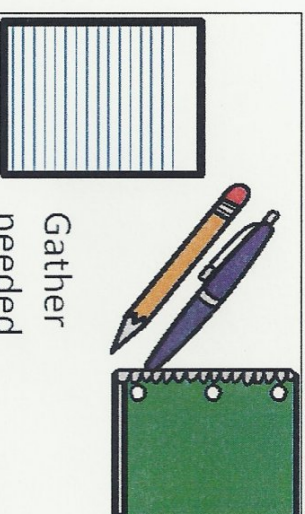
Grades 6-8: Concentrating on a Task



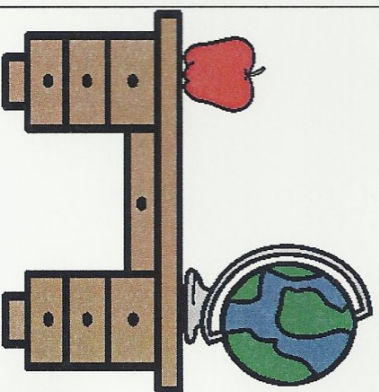
Decide what the task is.



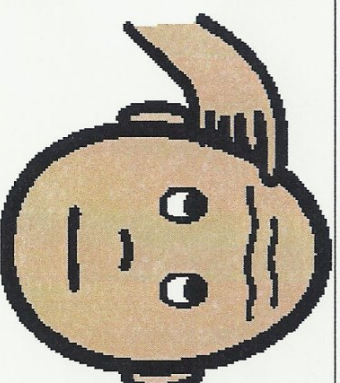
Decide on a time to work on the task.



Gather needed materials.

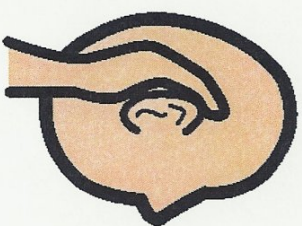


Decide on a place to work.

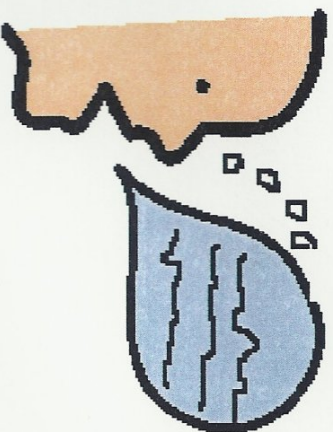


Decide if you are ready to concentrate.

Grades 6-8: Following Instructions



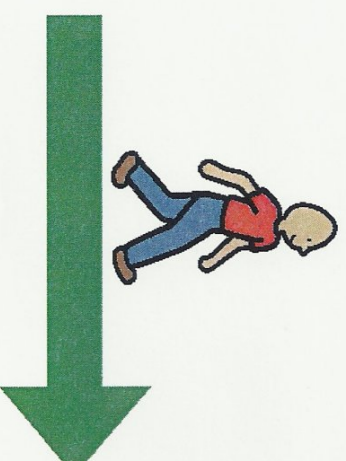
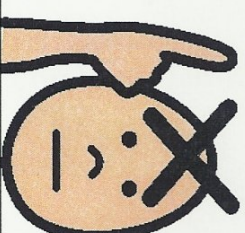
Listen carefully while
being told what to do.



Repeat instructions to
yourself.



Ask questions about what
you don't understand.

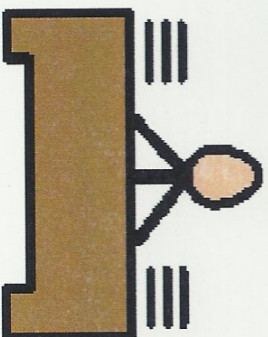


Do what you've been
asked to do.

Grades 6-8: Ignoring Distractions

5

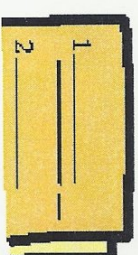
Count to five.



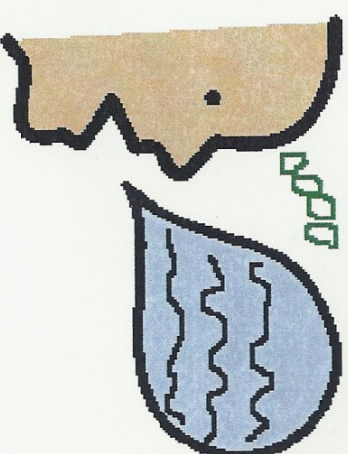
Continue to work.



Say, "I
won't
look."



I'll keep
working."

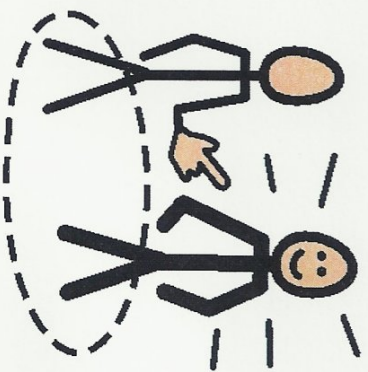


Say to yourself, "Good
for me. I did it."

Grades 6-8: Listening



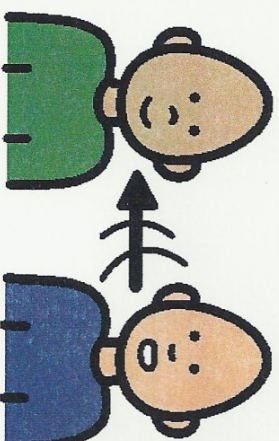
Look at the person talking.



Wait until it is your turn to talk.

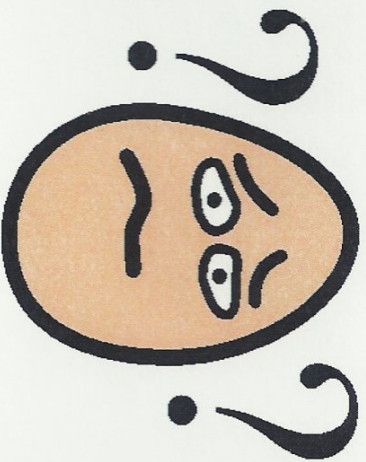


Show them you are thinking about the words.

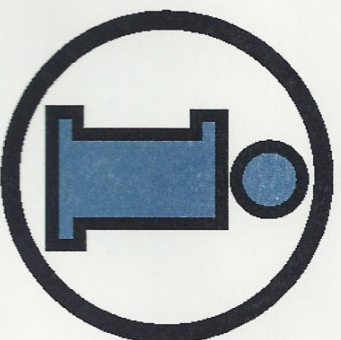


Say something connected to what the other person said.

Grades 6-8: Making a Decision



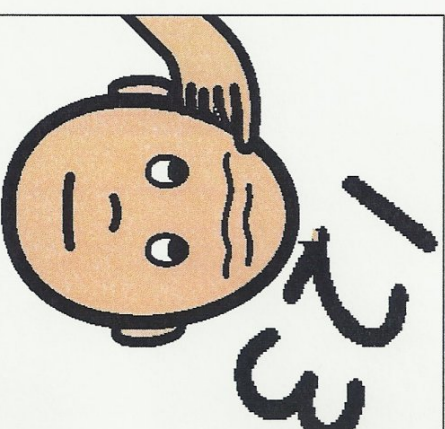
Think about the problem.



Gather information
about possible
decisions.



Reconsider possible
decisions.



Think about possible
decisions that could be
made.

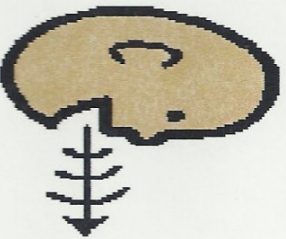
Make the
best
decision.



Grades 6-8: Talking Assertively



Decide what you want to say.

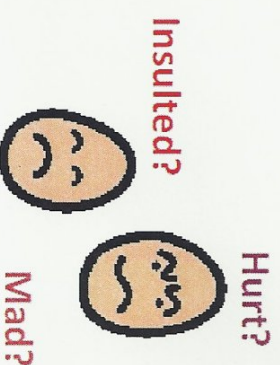


Think about how you would feel if someone said that to you.

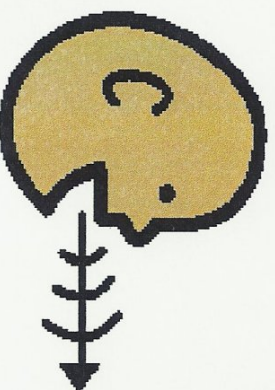


Then think of a new way to say it.

Decide how the person you are speaking to might feel.



If you or the other person would be hurt, think of a new way to say it.

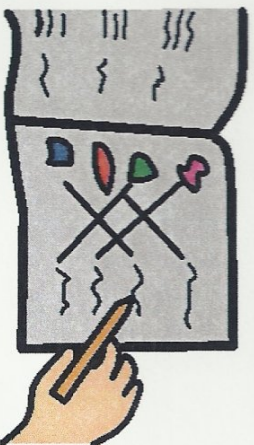


Say it in a calm, strong voice.

Grades 6-8: Trying When It's Hard



Stop and say,
"This is hard."



Try.



Remind yourself about why
you need to keep trying
even when it is hard.



Remind yourself for trying.
Use positive self talk.